

LOSE WEIGHT WITH TINA

Are you 'hungry for change'

Finally, a smart and well balanced program that supports My Plate and the Dietary Guidelines to help people make better food choices.

To successfully reach your weight loss goals you first need to understand **HOW** to lose weight the right way---once and for all.

Tina Thomas will provide a complete yet easy explanation of exactly what is required for weight loss to take place. The weekly support classes hold you accountable and keep you losing weight--- fun, informative and result producing!!

The classes will consist of a private weigh in. A ***motivational meeting*** filled with information to educate ourselves and ***transform our relationship with food***. Everyday challenges and situations are discussed to help problem solve. Easy recipes and food product ideas are provided.

Numerous topics are discussed including stress and emotional eating, portion control, exercise, choosing the right foods for your body, meal planning and much more.

A portion of these classes are dedicated to 'changing your thoughts to help change your weight'. What you feed your mind determines your appetite.

Discover factors that may have stopped you from losing weight in the past. Enjoy unlimited support and attention!

Learn to lose those unwanted pounds, stay accountable and see results.

The effort you put in will reflect the weight you take off.

It's not a short term diet, it's a long term lifestyle change!